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Family Style Meal Service

In the summer of 2009, the Indiana Department of Education introduced RECIPE for Growing Healthy Children. Through six key areas, Role model, Environment, Create, Involve, Partner, and Enjoy, child care food service staff received training on planning and preparing meals and snacks that comply with the Dietary Guidelines and MyPyramid.

This September, Amy Hayes, Director of Little Lambs Daycare Ministry in Rochester, began implementing the RECIPE for Growing Healthy Children training. Currently the staff work to role model positive behaviors and create an environment that encourages children to practice healthy behaviors. Using a step by step approach, Little Lambs intends to fully implement each piece of the training. As part of Little Lambs

gradual implementation, they began the program with children age 3 and older. The children are currently learning to serve themselves one food item per meal. Gradually self serving more and more, the children will eventually learn to properly serve the entire meal.



During a recent visit, we observed the children learning to use tongs to place raw vegetables on their plate. They were first given instructions on how many pieces of broccoli and carrots to select. A teacher then walked around with a bowl of vegetables and tongs, watching and correcting the children as they served themselves.

The RECIPE for Growing Healthy

Children program was implemented with the children at Little Lambs two weeks prior to our visit. During the visit, the staff reported that they already noticed a calmer mealtime. The quiet environment allowed the staff to have conversations with the children about their meal. They also reported that the children were eating more.

For others interested in implementing the RECIPE for Growing Healthy Children training, Amy Hayes recommends visiting a Head Start to observe family style meal service. For more information about the program, visit <http://www.doe.in.gov/food/recipe/>.

We'd love to hear your success story! Contact hstinson@doe.in.gov

*Did you ever
stop to taste a
carrot? Not
just eat it, but
taste it? You
can't taste the
beauty and en-
ergy of the
earth in a
Twinkie.*

-Astrid Alauda

CACFP Claims Submission 2010/2011

Pursuant to sec. 226.11(a)(2) of the CACFP regulations (7 CFR Part 226.11(a)(2)):

Each child care institution and each adult day care institution must report each month to the State agency the total number of Program meals, by type (breakfasts, lunches, suppers, and snacks), served to children or adult participants.

Claim Month:	Submit Claim In Immediate Following Month of:	Claim Final Due Date Last Day of Month ***:
October 2010	November 2010	December 31, 2010
November 2010	December 2010	January 30, 2011
December 2010	January 2011	March 2, 2011
January 2011	February 2011	April 2, 2011
February 2011	March 2011	April 30, 2011
March 2011	April 2011	May 31, 2011
April 2011	May 2011	June 30, 2011
May 2011	June 2011	July 31, 2011
June 2011	July 2011	August 30, 2011
July 2011	August 2011	September 30, 2011
August 2011	September 2011	October 31, 2011
September 2011	October 2011	November 30, 2011
***Please see Claims tab of CNPweb for final deadline.		



Kim Cobb
 CACFP Field Consultant

Staff Spotlight: Kim Cobb

Meet Kim Cobb! Kim is the newest CACFP field consultant. She oversees the food programs in the southern part of the state including Monroe, Brown, Bartholomew counties and below.

When she is not working, Kim spends much of her time with family. She is especially close to her

stepdaughter, Deja, who is currently a college sophomore. Kim also enjoys to read, travel, shop and experiment with new cuisines.

When asked about her new position, Kim states, "I love my job. I like to think that for the most part, our sponsors are committed to feeding

children nutritious, well balanced and delicious meals, and I'm happy to be a part of that. I hope I'm making a positive difference."

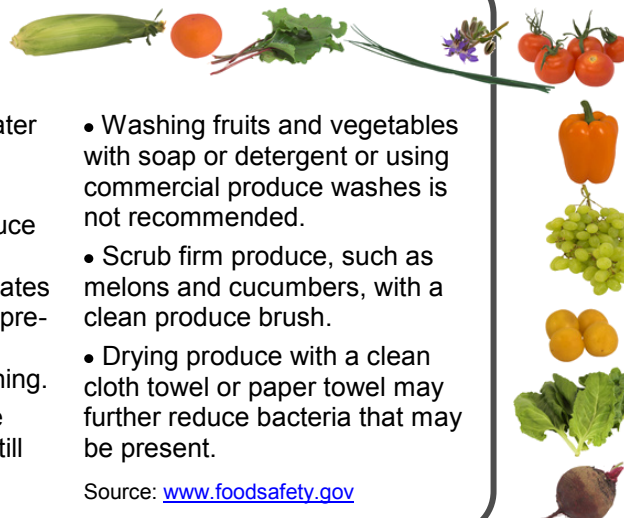
To contact Kim for assistance or just to say hi, write to: kcobb@doe.in.gov. She can also be reached at 317-771-9195.



Please Welcome Our New Sponsors

Zionsville Presbyterian Church	Zionsville	CACFP Contact: Shannon Robinson
Community Harvest Food Bank	Fort Wayne	CACFP Contact: Mary Carpenter
MSD of Lawrence Township	Indianapolis	CACFP Contact: Stephanie Jones
East Bank Learning Center, LLC	South Bend	CACFP Contact: Stacy Bankowski
Boys & Girls Clubs of Porter County	Valparaiso	CACFP Contact: Steve Beekman
MSD of Martinsville	Martinsville	CACFP Contact: Nola Hughey
Eastbrook Community School Corp	Marion	CACFP Contact: Kathryn Bernaix
Starz Academy 3, Inc.	South Bend	CACFP Contact: Melissa Glass
Starz Academy 5, Inc.	Mishawaka	CACFP Contact: Jessica Baldini
Fort Fun 2, Inc.	Fort Wayne	CACFP Contact: Tina Bartoch
Lebanon Community Schools	Lebanon	CACFP Contact: Jennifer Rice

Food Safety Tip: Fresh Produce



Preparation Tips

- Begin with clean hands. Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.
- Cut away any damaged or bruised areas on fresh fruits and vegetables. Produce that looks rotten should be discarded.
- All produce should be thoroughly washed before eating. Wash fruits and

vegetables under running water just before eating, cutting or cooking.

- Many precut, bagged produce items like lettuce are pre-washed. If the package indicates that the contents have been pre-washed, you can use the produce without further washing.
- Even if you plan to peel the produce before eating, it is still important to wash it first.

- Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended.

- Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
- Drying produce with a clean cloth towel or paper towel may further reduce bacteria that may be present.

Source: www.foodsafety.gov



Events Calendar

- ⊕ Tuesday, March 22, 2011: New Sponsor Workshop, 9 am-1:30pm (Indy time) at the IDOE office
- ⊕ Tuesday, April 19, 2011: CACFP Refresher Workshop, 9 am-4 pm (Indy time) at the IDOE office
- ⊕ Tuesday, May 24, 2011: New Sponsor Workshop, 9 am-1:30 pm (Indy time) at the IDOE office

*Note: A photo ID is required at all times at the IDOE offices, located at 151 West Ohio Street, Indianapolis

Did You Know... About Our Online Resources?

- Record Keeping: **Milk Inventory Form**—this form is required to be completed each month and kept with monthly paperwork.
- Resources: **Civil Rights Requirements**—CACFP participants are required to complete the Civil Rights quiz and to train staff on Civil Rights requirements for Child Nutrition Programs.

Visit www.doe.in.gov/food/childadults to learn more.

Recipe: Corner Kick Pita Pockets

Preparation time: 25 Minutes

Serves: 20

Cups of Fruits and Vegetables per Serving: 1

Ingredients:

5 cup spinach, trimmed leaves
2 ½ cup cucumber, peeled and sliced
2 ½ cup carrots, shredded
½ cup salsa, mild
½ cup fat-free ranch salad dressing
10 (6 ½ inch) pita pockets
2.5 lbs. extra-lean ground beef (5% fat), cooked
10 cup cantaloupe, cubed

Combine spinach, cucumber, and carrots with salsa and ranch dressing, mix well to create a veggie mix. Cut pita in half. Slowly open the pocket so as not to tear the bread. Place about 2oz of beef and ½ cup of veggie mix in each pocket half. Serve each pocket with ½ cup of cantaloupe.

Each serving provides: An excellent source of vitamins A and C, and a good source of folate, magnesium, potassium and fiber.

Credit: This recipe was adapted from the Cool Fuel Cookbook for Kids by the Produce for Better Health Foundation. Find this recipe and others at www.fruitsandveggiesmorematters.org.

Nutritional Information per Serving		
Calories: 247	Carbohydrates: 29g	Total Fat: 5.5g
Cholesterol: 51mg	Saturated Fat: 2.2g	Dietary Fiber: 4g
% of Calories from Fat: 20%	Sodium: 400mg	Protein: 21g



Indiana Department of Education
SUPPORTING STUDENT SUCCESS

School and Community Nutrition

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